

**RESEARCH PAPER**

# Effect of acupressure on pain in Iranian leukemia patients: A randomized controlled trial study

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**Abstract**

Nonpharmacological methods of pain relief such as acupressure are becoming increasingly popular worldwide. Practitioners often claim that such methods are highly effective and less invasive than analgesic drugs, but available empirical evidence is largely inconclusive.

This study aimed to test the hypothesis that, postacupressure intervention, the amount of pain experienced by sampled leukemia patients, who received acupressure in addition to standard care, will reduce substantially compared to patients who received only routine treatment.

This controlled trial was undertaken with hospitalized leukemia patients between February and June 2015. Our primary sample consisted of 100 participants who were randomly allocated to 2 groups. One (intervention) group underwent 12 acupressure sessions in addition to standard treatment while the control group received no intervention apart from being given the standard treatment for leukemia. The visual analogue scale was used to measure the levels of pain experienced. No significant differences were found between the 2 groups across 12 interventions. However, each group reported significantly different pain level changes before and after each intervention, suggested that the acupressure method was effective in reducing pain in the short term.

Nurses are able to apply this complementary therapy alongside other procedures to manage these patients' pain. It is recommended that further studies be conducted to better understand the specific conditions under which acupressure can provide effective pain relief.

**KEYWORDS**

acupressure, cancer, Iran, leukemia, nursing, pain

**SUMMARY STATEMENT**

What is already known about this topic?

- Cancer is often characterized by patients experiencing severe pain.
- There are some different methods for pain reduction of cancer patients.
- Few studies have been conducted on the effectiveness of acupressure on cancer patients' pain.

What this paper adds?

- Acupressure can be an effective nonpharmacological technique in reducing leukemia patients' pain.

- Pain in the experimental group reduced significantly after each session.

The implications of this paper:

- Study findings support continued research in this area.
- Further studies should be conducted on other types of cancer to further our understanding of this method of pain relief.

**1 | INTRODUCTION**

Cancer is one of the leading causes of death worldwide. One of the most prevalent symptoms reported by cancer patients, especially those